

NO BODY (But Yours)

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Mary Lou Lane (USA) - January 2023

Music: No Body - Blake Shelton



Intro: 16 count intro – start on lyrics

Easy Restart & Tag

SHUFFLE R SIDE, ROCK RECOVER – SHUFFLE L SIDE, ROCK RECOVER

1&2 Step right to right, step left next to right, step right to right

3-4 Rock back on left, recover right

5&6 Step left to left, step right next to left, step left to left

7-8 Step right back, recover left

(Restart on wall 2 after first 8 cts)

KICK BALL CHANGE, DIAGONAL RIGHT X2, WALK RIGHT, WALK LEFT, SHUFFLE R FWD

1&2 Kick R forward diagonal, Step R next to L, Step L next to R

3&4 Kick R forward diagonal, Step R next to L, Step L next to R

5-6 Walk R diagonal, Walk L diagonal

7&8 Step R forward, Step L together, Step R forward

KICK BALL CHANGE LEFT DIAGONAL X2, WALK LEFT, WALK RIGHT, SHUFFLE L FWD

1&2 Kick L forward diagonal, Step L next to R, Step R next to L

3&4 Kick L forward diagonal, Step L next to R, Step R next to L

5-6 Walk L diagonal, Walk R diagonal

7&8 Step L forward, Step R together, Step L forward

HIP BUMPS RIGHT & LEFT, ¼ TURNING JAZZ BOX

1&2 Touch R toe forward, bump hips R, Drop R heel (take weight)

3&4 Touch L toe forward, bump hips L, Drop L heel (take weight)

(You may substitute hip bumps with toe struts 1,2,3,4)

5,6,7,8 Cross R over L, Step back L, ¼ turn stepping R to R side, Cross L over R (3:00)

End of Dance – Enjoy!!

TAG: 20 Count Tag – after wall 6, facing 6:00 – Jazz Box, Rock fwd R, shuffle back, Rock back L, shuffle forward, 8 ct Jazz Box [Funky Jazz Box]

1-2-3-4 Cross R over L, Step back L, Step R next to left, Step L

1-2, 3&4 Step R forward, recover left, shuffle back right, left, right

5-6, 7&8 Step L back, recover R, shuffle forward left, right, left

1-2-3-4 Step R over L on ball of foot, Drop heel, Step back on L ball of foot, Drop heel

5-6-7-8 Step to R on ball of foot, Drop heel, Step L over R on ball of foot, Drop heel - RESTART